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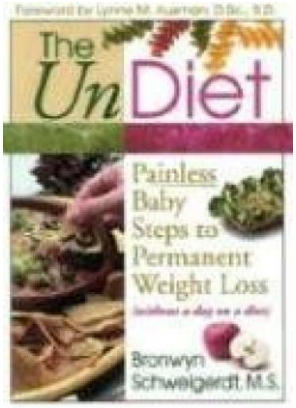

ACW Press. Paperback / softback. Book Condition: new. BRAND NEW, The UnDiet: Painless Baby Steps to Permanent Weight Loss (Without a Day on a Diet), Bronwyn Schweigerdt, Lynne M Ausman, Weight Loss That Works Without a Day on a Diet!The UnDiet is what Americans are waiting for simple secrets that will cause them to lose weight permanently--and painlessly! There is nothing to memorized, nothing to count (fat, calories, carbohydrates.), and nothing to worry about, because it is based on years...

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- Authored by Bronwyn Schweigerdt, Lynne M Ausman
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